

Kinesiology is Movement

SCHOOL OF KINESIOLOGY  UNIVERSITY OF MICHIGAN

WINTER 2011

On-point

Energized focus on
health and wellness with
new physical activity
and nutrition initiative



FROM THE DEAN

“...the **excellence** that is...”

THIS PAST YEAR WAS ONE OF TRANSITION, CHANGE, AND ACCOMPLISHMENT FOR KINESIOLOGY.

We completed the transition from Dean Bev Ulrich, to Interim Dean Noreen Clark, to Interim Dean Greg Cartee, to ... me. I'm still excited and feel privileged to be here after my first full year. Bev led us through a strikingly successful decade as a Dean with her clear vision for Kinesiology, and Noreen and Greg provided wise and expert leadership as Interim Deans. I want to extend a heartfelt thank you to Bev, Noreen, and Greg who have all put Kinesiology on remarkably solid academic and financial foundations, leaving us poised to accelerate our development.

Speaking of accelerating, I am very proud to report our faculty have been very successful in seeking and securing funds to support research ventures this past year. For fiscal year 2010, we received 49 new grants and contracts, and remarkably, 32 new proposals have been submitted since July 1, 2010. Kinesiology has 133 active awards that assist in the costs of faculty and student research projects and our 2010 total research expenditures increased 3.5 percent over 2009.

In the research vein, I must mention that the U.S. National Research Council ranked the School of Kinesiology in the top eighth percentile of programs across the country. I was at an event with University President Mary Sue Coleman, and she congratulated the School and told me how “great” Kinesiology’s ranking was with the National Research Council. I believe these rankings demonstrate the high regard for Kinesiology at Michigan and that we are closing in on our goal to be an international leader in education and research in physical activity, health and wellness, and sport management as well as a role model for other Kinesiol-

ogy programs across the country. (Read the full article on page 14).

This brings me to the reputation of our academic programs. On the graduate side, we continue to draw an increasing number of applicants every year. Total applications went from 94 in 2009 to 121 in 2010. We nearly doubled the number of doctoral applications (26 in 2009 vs. 46 in 2010), while remaining extremely selective with this large pool of qualified applicants. There were 19 new students in the master’s program this fall—the highest in program history. On the undergraduate side, Kinesiology freshman applications increased 19 percent, transfer applications increased 26 percent, and cross-campus transfer applications increased 66 percent! Additionally, our GoGlobal! program continued to expand as well with more than 70 undergraduates studying abroad.

Demand to pursue a Kinesiology degree from U-M is clearly on the rise.

Despite the dismal economic climate, there are signs we are turning the corner by reinvigorating

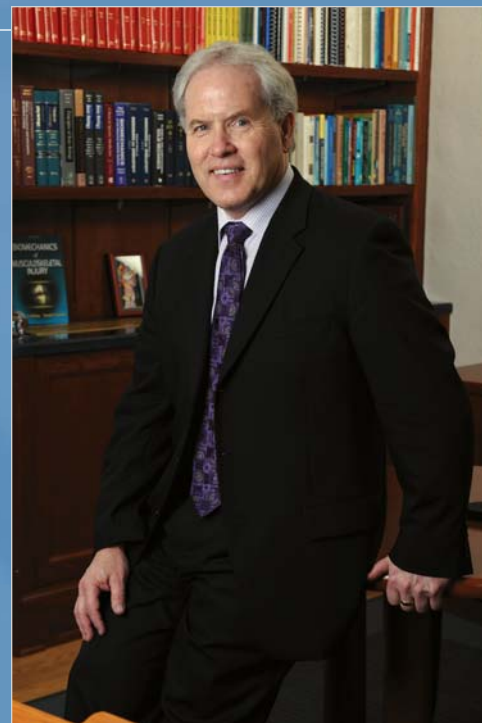
and focusing our fundraising energy and efforts. Our School, currently, is in a stable financial situation, but—as you know—the state, national, and global economies are fragile and unpredictable at best. As we go forward, we will remain disciplined and strategic in using our resources to insure the School’s financial and academic future. I also plan to continue to strengthen the philanthropic foundation for Kinesiology to attract top graduate scholars to experience our outstanding faculty and programs, including those funded through gifts to Kinesiology. I encourage you to read the related article on page 9.

I am always invigorated by the work and passion by alumni, friends, students, faculty and staff who support, and continue to enhance, the School’s credibility and world-class programs. I hope you will join me to preserve and enrich the excellence that is the U-M School of Kinesiology.

On behalf of the entire School, thank you again for the support, for the enthusiasm and most importantly—GO BLUE!



Ronald F. Zernicke
Dean



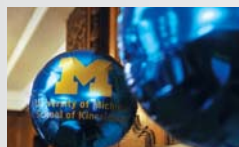
Photograph by KGT Photography.

Features



On-Point: New Physical Activity and Nutrition Initiative

page 11



Homecoming

page 7



Donor Support Makes the Michigan Difference!

page 9

Departments

From the Dean [Inside Front Cover](#)

Students on the Move [Page 4](#)

Faculty on the Move [Page 13](#)

Research on the Move [Page 15](#)

Alumni Spotlight [Page 17](#)

Alumni on the Move [Page 19](#)

Philanthropy on the Move [Page 20](#)

Go Global! [Page 21](#)

Kinesiology on the Move [Page 22](#)



University of Michigan
School of Kinesiology

Energy, Progress, Positive Change

In all its definitions, the word movement describes the dynamic state of kinesiology today. Movement encompasses the scientific study of human motion, the importance of activity on growth and development, the role of sport in society, the exploration of new directions, and emerging trends. **Movement** brings you research findings and thoughtful insights on developments in kinesiology, as well as continuing updates on faculty, students, and your fellow alumni.

Let us know what you think

camillic@umich.edu or
Editor, *Movement Magazine*
U-M School of Kinesiology
1402 Washington Heights
Ann Arbor, MI 48109-2013

Office of Development and Alumni Relations
(734) 647-2689 | kin-dev@umich.edu

www.kines.umich.edu

Ronald F. Zernicke, Dean
Rodney D. Fort, Associate Dean Graduate & Faculty Affairs
Daniel P. Ferris, Associate Dean Research
Patricia A. Van Volkinburg, (MS '85) Assistant Dean
Academic Affairs
Tammy Bimer, Chief Administrative Officer
Jim McIntyre, Director of Development
Christina Camilli-Whisenhunt, Editor (AB '97)

Contributors

Pat Materka, Laura Bailey, Rachel O'Keefe,
LaToya Singletary (BS '00), Ayana Richardson (BGS '06),
Julie Simon (MA '03), Martha Reck, Sandy Wiley,
Charlene Ruloff

Photography

Peter Smith Photography, KGT Photography,
Jean Hunt, Ken Arbogast-Wilson

Design

Ken Arbogast-Wilson, WTW Design Group, Inc.,

Printing

EPI, Inc.

© 2011 The Regents of the University of Michigan, 020211 5.5M

The Regents of the University of Michigan

Julia Donovan Darlow, Ann Arbor
Laurence B. Deitch, Bingham Farms
Denise Ilitch, Bingham Farms
Olivia P. Maynard, Goodrich
Andrea Fischer Newman, Ann Arbor
Andrew C. Richner, Grosse Pointe Park
S. Martin Taylor, Grosse Pointe Farms
Katherine E. White, Ann Arbor
Mary Sue Coleman, (ex officio)

Nondiscrimination Policy Statement

The University of Michigan, as an equal opportunity/affirmative action employer, complies with all applicable federal and state laws regarding nondiscrimination and affirmative action, including Title IX of the Education Amendments of 1972 and Section 504 of the Rehabilitation Act of 1973. The University of Michigan is committed to a policy of nondiscrimination and equal opportunity for all persons regardless of race, sex*, color, religion, creed, national origin or ancestry, age, marital status, sexual orientation, disability, or Vietnam-era veteran status in employment, educational programs and activities, and admissions. Inquiries or complaints may be addressed to the Senior Director for Institutional Equity and Title IX/Section 504 Coordinator, Office of Institutional Equity, 2072 Administrative Services Building, Ann Arbor, Michigan 48109-1432, (734) 763-0255, TTY (734) 647-1388. For other University of Michigan information call (734) 764-1817. *Includes gender identity and gender expression.

ConnectKines offers networking tool for graduates and current students

By Pat Materka

Wondering what some of your classmates have been up to since graduation? Looking for a way to share your real world experience with students beginning the job search?

Join ConnectKines, a career networking site nearly 300 strong and growing. "It's a great way to meet and stay in touch with current and former Wolverines," said Josh Raskin, AB '09, sports marketing manager for the Leverage Agency in New York City. "Students and alumni have contacted me through the group, and I'm always willing to help if I can."



Sport Management Senior Michael Simpson interned at Target Corporation as a business analyst in the Sporting Goods Division. He accepted a full-time position at Target as a result of his internship.

Rich Wallace, AB '04, an attorney with the law firm of Golan & Christie LLP in Chicago, says, "ConnectKines has allowed me to network with other Kinesiology alums. In the future, I hope to use it as a resource to grow my practice and help other alums grow their businesses."

Like many great ideas, ConnectKines had a modest beginning.

This one started in the late 90's with a handful of business cards tossed into a fishbowl. Alumni working in various fields gave presentations and met with students

during Homecoming weekend. More business cards were collected at events in the years that followed.

The notion of turning our alumni reunion into a career networking function was a risk, and as more and more cards were collected, it seemed a natural fit to expand the program. The real litmus test was the large number of students who showed up at the event—even on a Friday afternoon before a home football game.

Those were the days before social networking. The names and contact information were stored on an internal data base that was updated. It was a good start but lacked a key asset—a way for alumni to communicate with each other.

In 2008, academic advisor Martha Reck had the idea to utilize LinkedIn, the popular online professional network that bills itself as "the world's largest," with 80 million members worldwide.

"I noticed that a lot of Kinesiology alumni were already in LinkedIn. That indicates they are accessing the site regularly and keeping their profile information updated. Now when people join ConnectKines, it shows up on their LinkedIn profiles," Reck explains. "Our hope is when Kinesiology alums see 'ConnectKines' on someone else's profile, it prompts them



Jeff Diamond (far right), a Sport Management senior, spent his summer at Octagon as a marketing intern.

to join the group as well. LinkedIn is fast becoming a marketing tool for ConnectKines."

Brett Cooper, BA '96, an adjunct professor at New Jersey Institute of

Technology, also sees it as a great resource for his online business, FirstJobInSports.com. The website lists internships and entry-level positions across the country for job seekers with less than three years of experience.

"Some members have used ConnectKines to form discussion groups and conduct surveys," Reck adds. "It's a tool for our current students and graduates to explore career paths or graduate schools, or simply get reconnected with friends and classmates. In this economy, it's harder for alumni to travel here and give career advice to students. ConnectKines is a way for them to give back, and they don't need to leave their office to do it! It's a creative use of our resources right now."

To join ConnectKines, visit www.linkedin.com. If you do not have an account already, you will need to create one. Under the search feature select "groups" and then enter "ConnectKines".

LinkedIn



Once in a lifetime trip to Australia made possible by direct donor support

Imagine visiting the Gold Coast, soaking in the sights of Melbourne, and experiencing Australia's wildlife. Movement Science Senior **Miranda Moncada** was able to do all of these things with support from the **Carl A. and Joan C. Kreager Endowed Scholarship**.

Moncada was a junior when she went to Australia and was a sophomore when she first got serious about learning more about study abroad funding, tuition, and possible places to study. She recalled, "I was concerned about



going overseas because of some of the language requirements. I decided Australia was where I wanted to go, so I gathered all the information I could, filled out a few forms, and away I went."

Studying abroad is a great opportunity for many Kinesiology students to broaden their horizons and life experiences. What most students come to face is that in reality these experiences come at a cost—sometimes so steep it makes it difficult for them to fully immerse in the overseas experience. Financial assistance is critical for many students, especially those who must give up earned income while abroad during the semester or summer.

When Moncada broke the news to her parents they were thrilled. Yet she knew their support for the upcoming trip would be limited. She explains, "I am financially independent here at Michigan, and I knew going abroad would be expensive. I had been saving every penny I could, and it was still a shock to learn how everything in Australia costs so much more." Go Global! Program Coordinator **Sandy Wiley** was two-steps ahead of Moncada and had her fill out paperwork for Kinesiology scholarships specifically for study abroad—most notably the **Carl A. and Joan C. Kreager Endowed Scholarship**.

The Kreagers first heard about the potential for a study abroad program when former Dean **Beverly Ulrich** shared ideas at an alumni event. The discussion caught Carl Kreager's BS ED '51

attention. As a former starting center of the 1950 U-M football team, he knew the importance of the well-rounded collegiate experience and most importantly, the need to help students. Their scholarship financially helps students make their study abroad goals a reality. The scholarship takes into consideration a student's demonstrated financial need, their potential to represent Kinesiology positively abroad, and the experience and desired location of study.

Moncada remembers getting an e-mail congratulating her on her selection as a scholarship recipient. She also remembers being very thankful. "It was such a relief to know that I could now enjoy my time over in Australia and not be weighed down about worrying how I am going to pay for my plane ticket and activities. I am so very grateful to the Kreager's—they made it possible for me to experience this once in a lifetime opportunity."

While in Australia, Moncada enrolled in four classes: Exercise physiology, sports and exercise psychology, indigenous studies, and a class about the history of the Olympics. She remembers almost pinching herself several times during her experience saying, "Wow... I am in Australia!"

She still reflects on her time in Australia and shares her stories with other students that are thinking about study abroad. She said, "I wanted to learn and do things to broaden my overseas experience. I feel like this trip definitely changed my life, especially how I look at the world. I am so thankful to the Kreager's—without their support I would have never been able to fully embrace Australia and study abroad."

"I am so very grateful to the Kreager's—they made it possible for me to experience this once in a lifetime opportunity."



DID YOU KNOW?

Kinesiology has a travel award fund to help support students like Moncada. With additional contributions, the School can offer awards to even more students for once in a lifetime opportunities. Please contact the Office of Development at (734) 647-2689 or kin-dev@umich.edu for questions about how to make a pledge to the GoGlobal! fund.

“Kinesiology can help me

2010 Freshmen Scholarships

Several academically outstanding freshmen have enrolled in Kinesiology thanks to scholarship funding and the generosity of alumni, family and friends who support scholarships at Kinesiology.

The Shipman Society Scholarship

Shipman Society Scholarships provide support for undergraduate students admitted to the University of Michigan. Students are awarded annually with a monetary value of \$7,500 per year for four years of undergraduate study.



Sachi Gianchandani, of Ann Arbor, Mich., graduated from Pioneer High School and is a recipient of the Shipman Society Scholarship. In her free time she enjoys synchronized swimming, playing the clarinet, classical Indian dance (Bharatanatyam), and photography. She is majoring in Movement Science and pursuing a career in the medical field. Gianchandani chose U-M Kinesiology because, "I thought that studying body movement would be really interesting. I wanted to have both the small school and the large school experience."



Chrissy Landreth is a recipient of the Shipman Society Scholarship and Rogel Scholarship. She is from Park Ridge, Ill., and graduated from Maine South High School. She enjoys traveling, volunteer work, and athletics—especially soccer. She hopes to attain a degree in athletic training so she can work directly with professional athletic teams and then pursue a doctorate in Physical Therapy. Landreth said, "Kinesiology offers a small school feel within a big school setting. The Athletic Training program in particular struck me as being a great opportunity to have a very hands-on experience as well as the ability to develop direct relationships with the staff. In addition, it provides direct training in the field in a Division 1 athletic setting. I just don't know what could be better."



Katie Poggensee, from Chicago, Ill., is a graduate of Lyons Township High School and recipient of the Shipman Society Scholarship. She plays the viola in two orchestras and loves rooting for the Chicago Cubs. She hopes to go into the medical field and is interested in bioinformatics. She said her choice was easy,

"I visited a lab in October of last year, and I became incredibly interested in it. I wrote the Kinesiology essay on the ride home. Right now, MoveSci 110 is easily my favorite class."

The Sydney J. and Irene Shipman Scholarship

Shipman scholarships provide incentive merit scholarships for talented prospective undergraduate students admitted to the University of Michigan. Fifteen Shipman Scholarships are awarded annually with a monetary value of \$15,000 per year for four years of undergraduate study plus room and board (about \$8,900 per year).



Kelly Hahn was a Plymouth High School graduate hailing from Canton, Mich. and a recipient of the Sydney J. And Irene Shipman Scholarship. She is pursuing a degree in sport management focusing on marketing and advertising. Her dream is to use marketing to revolutionize the sport-

ing industry to generate more ethical values and integrity in sport. Hahn said, "The small community of Kinesiology within U-M was attractive to me when choosing a college, as it provided the opportunity to make relationships with classmates and professors within a bigger university. Sport management stood out to me as a major as it combined my two loves in life: business and sports." In her spare time she enjoys reading, traveling the world, skiing, running, and challenging herself in all aspects of life to grow and reach her potential.

The Charles Woodson Scholarship

The Charles Woodson Scholarship is awarded to an incoming Kinesiology freshman who has financial need and shows outstanding promise in Kinesiology. The fund gives preference to entering Kinesiology undergraduates from the communities of Fremont, Ohio, Woodson's hometown, as well as Detroit/Ann Arbor; Oakland, California; and Green Bay, Wisconsin communities where Woodson has played football.



Dymond McFall hails from Lathrup Village, Mich. and graduated from Shrine Catholic High School. McFall says of U-M Kinesiology, "I love sports, so I thought it would be interesting to study how the body moves and how to rehabilitate it as well." Her interests include basketball, track, and dancing.

After graduation she hopes to pursue a career in Physical Therapy or Mortuary Science.

follow my dreams?"

The Stephen and Jeannine Galetti Scholarship

The Stephen and Jeannine Galetti Scholarship is a four-year scholarship given to an incoming need-based Kinesiology student who is intending to major in Sport Management or Physical Education. The scholarship honors Stephen Galetti, former chairman of Kinesiology's Sport Management and Communications Department, who devoted more than 30 years to the University of Michigan and its students.



Matthew Hillebrand is the recipient of the Stephen and Jeannine Galetti Scholarship. He is from Saint Clair Shores, Mich. and graduated from Lakeview High School. A lifelong athlete of multiple sports, he enjoys competing in virtually every form including soccer, football, basketball, baseball, and swimming. His interest in sports and movement attracted him to Kinesiology. He currently is a Sport Management major but plans to attend medical school after finishing his undergraduate studies. Upon receiving the Stephen and Jeannine Galetti scholarship, Hillebrand was both stunned and ecstatic. "It is an incredible honor to be recognized in this fashion, and I would like to thank both the University of Michigan and the Galetti family for graciously awarding me this scholarship."

The New York Family Scholarship

The New York Family Scholarship is a need-based scholarship to aid a student from the metropolitan New York area whose parents are firefighters, police officers or teachers. Preferential consideration is given to applicants who lost one of their parents in the attack on New York City, September 11, 2001.



Kristin Gervasi from Carmel, N.Y., graduated from Carmel High School and is the recipient of the New York Family Scholarship. She was a competitive cheerleader throughout middle school and high school and enjoys traveling and hopes to study abroad while at Michigan. After graduation, she plans to attend graduate school to become a Physician Assistant. She said, "There is no other field I'd prefer over Michigan Kinesiology. This was extremely kind of the Weisfeld family, and I truly appreciate their generosity because their recognition means a lot to me."

T.J. Winfrey, BBA, AB '10, the first student to graduate with a dual degree from the School of Kinesiology and Ross School of Business, stands with a friend soaking in the festivities of the winter commencement.

The Stamps Scholars Program

Penelope W. and E. Roe Stamps established the Stamps Scholars Program, which provides \$10,000 annual merit scholarships to outstanding undergraduates for up to four years. University schools and colleges provide additional need-based and merit-based financial aid to the recipients.



Nicole Pentis is a recipient of the Penelope and Roe Stamps Scholarship. She graduated from Lahser High School and is from Bloomfield Hills, Mich. She loves video editing, running, traveling, and orthodontia. Pentis hopes to major in Movement Science and go on to dental school for orthodontistry. She commented, "Kinesiology makes everything interesting! It is such an interesting side of science that can be observed in everyday life. Who wouldn't want to study that?"



Jay Krembs is from Corunna, Mich. and graduated from Corunna High School. He is a recipient of the Penelope and Roe Stamps Scholarship. He is interested in musical performance, blacksmithing, and running. Jay is planning to pursue a degree in Athletic Training and hopes to become an Athletic Trainer at a Division 1 or for a professional sports team. He has become very involved in campus life and is a member of the Michigan Marching Band, Alpha Sigma Phi Fraternity, and the LGBTQ Commission. Krembs said, "I fell in love with U-M in general and Kinesiology can help me follow my dreams."

HOMECOMING



Sing to the colors that float in the light...

Homecoming is always a special time in Ann Arbor—a fall chill returns to the air, the leaves change to a golden maize, and old friends reunite to spend time in a sea of Maize and Blue.





Photographs by Peter Smith, Smithphoto.

Hurrah for the Yellow and Blue!

The Class of 1960 returned to Ann Arbor for their 50th Anniversary Class Reunion weekend. Mike Dupay, BS ED '60 and Herb Deromedi, BS ED '60 were instrumental in the reunion, serving as the Kinesiology representatives to their Class Reunion Committee.



Dupay



Deromedi

The Friday night Kinesiology Alumni and Career Networking program was a success with insight and tips

for current students who will be starting their careers. The All-Class Homecoming Reception and Alumni Awards reception allowed alumni to reconnect and celebrate the great times in Kinesiology. At the reception, the Kinesiology Alumni Board presented Jonathan Paley, Shawn Regan, Dr. Robert Moffatt, Herb Deromedi, and Dr. William McArdle with special awards in recognition of the contributions they have made in their respective fields and to Kinesiology. (Read the full story on the award winners on page 18.)

And of course the celebrations wrapped-up with the M-Go Blue Tailgate and homecoming football game.

- 1 Dr. Katarina Borer visits with Physical Education Assistant Professor Emeritus Rod Grambeau, AM '48, EdD '59.
- 2 Alumni from all classes enjoyed reconnecting with their fellow Kinesiology graduates and making new connections and friends.
- 3 Vincent Cimmino, Steve Aronson, and Arthur Riba shared a few laughs at the reception.
- 4 Justin Paley (left) and Debra Paley, AB '96 Comm., watch as Jon Paley, AB '95 accepts the Kinesiology Alumni Society's Early Career Achievement Award.
- 5 Alumni shared fond memories as they signed a Michigan flag at the reception.
- 6 Shanta S.W. McMullan, Esq., AB '00 (left) chatted with an undergraduate student and discussed how the sport management program prepared her for law school.

- 7 Joe Gagliardi, AB '97, AM '99, senior associate director of Annual Giving, U-M Development, chats with undergraduates about careers in development, and non-profit management.
- 8 Alumnus Marlon Wright, AB '97 is all smiles at the reception.
- 9 John Faulkner, MS '56, PhD '62 visits with Kathy Zernicke.
- 10 The career networking event was a huge success this year, with close to 100 people in attendance.
- 11 Dorothy Fehring, BS ED '60 (left) flew from Olympia, Washington for her 50th anniversary reunion. She helps a fellow alumna try on football equipment during a tour of the remodeled Michigan Stadium locker room.

MARK YOUR CALENDARS!
Homecoming Weekend 2011
will be
October 27-29



Kinesiology Ph.D. program ranked fifth in the nation

Donor support makes the Michigan Difference!

MATT JURAVICH WAS COMFORTABLE—ACTUALLY MORE THAN COMFORTABLE—IN HIS ENGINEERING JOB.

He had a steady paycheck and numerous projects to keep him on his toes. But the native upstate New Yorker felt something was missing. Slowly he realized he was just going through the motions of his job and wasn't really passionate about what he was doing anymore.

The stars aligned for Juravich to come to Michigan in a very short period of time. He found an advisor in **Dr. Kathy Babiak**—her research of how sport organizations form partnerships and philanthropic connections perfectly aligned with his research interests and goals. Juravich always knew he wanted to do more with his passion for sports and interorganizational research that can make an impact in society. He recalls “I applied to the program, and within a month it kind of all came together, and I got accepted. I then decided to quit my job and come back to school full-time.”

Juravich is not alone in his desire to join the doctoral program in Kinesiology. Graduate applications continue to rise—by 50 percent last year, according to **Dr. Rodney Fort**, associate dean of graduate programs and faculty affairs. The number of U-M Kinesiology doctoral students increased from two in 1999 to 37 in 2010. In October, the National Academy of Kinesiology ranked U-M's program fifth in the nation. Moreover, Kinesiology has become one of the most popular undergraduate and graduate disciplines in the country. While a number of universities have discontinued their Kinesiology graduate programs, Michigan is one of the few major research universities aggressively increasing graduate enrollment in all categories: movement science, sports medicine/athletic training and sport management.

Students come to Kinesiology with an incredible passion for research. The research topics cover an astonishing range, from “the effects of learning to ride a two-wheeled bicycle on social skills development of children with Autism...” to “growth hormone markedly suppressed after only a few days of overeating.” Donor funding

and support for the program make the difference and help graduate students do research that impacts society.

Juravich had the passion for research, but one of his first questions when he met with Dr. Babiak was, “What is the funding situation?” He noted, “In most situations, if you are a good student and you select a good institution, you assume you will get funded.” Support for his program was crucial, “I certainly would not have been able to pay my own way to go back to school. I think for any professional thinking about going back into a graduate program, a lack of funding would certainly make a decision that much tougher.” He was thrilled to learn that not only was he accepted, he also was the recipient of the Ruth Harris Endowed Fellowship Fund.

The Harris Endowment provides financial assistance to deserving graduate students. The fund was started with an initial gift from Professor Emerita Harris and has been supported through the years by several of her colleagues and friends. She initiated the fund because she realized that Kinesiology was losing graduate and doctoral students due to the lack of scholarship monies. Students were attending other schools that could offer them more.

Fact: Kinesiology cannot offer funding for all students who are accepted to the doctoral program.

While the program is growing, additional support could mean attracting even more of the brightest and best to the program. As the cost of tuition, lab equipment, and general support for

"In most situations, if you are a good student and you select a good institution, you assume you will get funded... I certainly would not have been able to pay my own way to go back to school."



doctoral research increases, the need for additional funding is more critical than ever.

Fact: Support helps students present their research at professional meetings as distant as Scotland, Barcelona, and Singapore. Having Kinesiology students accepted as presenters is very prestigious for both the students and the program.

“Top flight research outcomes require top flight inputs—and graduate students are essential to the actual doing of research. Our graduate students become one of our most important products, meeting the needs for future professors and researchers. The value of these Ph.D. candidates to the school is incalculable,” says **Dean Zernicke**.

Juravich summed up his time at Kinesiology by saying, “My experience here has been great. The scholarship support has been invaluable—funding was the catalyst for me to come to Michigan. U-M has such an expansive body of resources and to pair future faculty, researchers and scholars with the resources here at Michigan you really need support to attract the best and brightest to the doctoral program. I think students will always consider coming to Michigan because of the resources and reputation of the school. And with a basis of funding and endowments for Ph.D. students, the choice to come here versus any other school is that much more solidified.”

After defending his dissertation, Juravich said he would like to head back to the east coast and teach. Although, admittedly, he noted that the winters are much milder here in the Midwest than on the east coast.

Making it possible for the best students to do their doctoral work at Kinesiology benefits everyone. They elevate the intellectual life at the School through their presence in the classroom and their research—collaborating with the faculty to produce outstanding research that benefits society.

Helping one student has a ripple effect that is felt throughout the entire school. For information about making a gift to the program or starting a fellowship, contact the Office of Development at (734) 647-2689 or kin-dev@umich.edu.



Jack Kent Cooke Grant helps expand tutoring services for students in need

By Rachel O'Keefe

NEARLY ONE YEAR AGO, the School of Kinesiology's Office of Student Services (OSS) acknowledged the need for additional academic support for undergraduate students. After polling academic advisors, professors, graduate student instructors and the students, it was clear more tutoring time, energy and effort for academic support was necessary.

Though all U-M students are considered “the leaders and the best,” the help desired by many students often exceeds the time available during faculty office hours. The most at-risk student populations identified through polling were under-represented minorities and/or transfers from community colleges. A majority of these students are unable to pay for additional outside tutoring—the need was great and the School started formulating an action plan.

With the framework of a previous tutoring program in mind, the School reached out to the Jack Kent Cooke Foundation in hopes of offering one-on-one tutoring for at-risk students and establishing study groups. With a grant proposal submission spearheaded by Recruitment Coordinator and Academic Advisor **Julie Simon**, OSS was awarded \$8,460 to fund both programs during the 2010–2011 academic year.

“It's exciting to have the funds available for a program that will directly impact students' academic success. I believe the confidence gained through academic success at U-M will translate into further success outside of the classroom,” noted **Chris Strychalski**, an OSS advisor and program coordinator. With the generosity of the Jack Kent Cooke Foundation, tutors are now available for the courses that transfer students have the most difficulty with including Movement Science 110, 230, 320, 330, and 340, as well as Sport Management 341.

Dean Zernicke was thrilled to receive the grant. He explained, “The relationships our advisors in OSS build with students are all part of creating a valuable educational experience here in Kinesiology and at Michigan.”

Would you like to help make a difference? You can help support the tutoring program for at-risk students and help them reach their goals to be a “leader and best.” For information on how you too can make an impact, contact the Office of Development at (734) 647-2689 or kin-dev@umich.edu.

On-point

Energized focus on health and wellness with new physical activity and nutrition initiative

By Pat Materka

The School of Kinesiology is poised to become a national leader in the physical activity and nutrition arena as it moves toward expanding research, curricula, and faculty in this burgeoning area of national interest.

“Healthy physical activity and dietary behaviors are truly the foundation for prevention and treatment of obesity and obesity-related diseases like diabetes and heart disease,” explains **Dr. Jeff Horowitz** who, along with **Dr. Vic Katch**, drafted the proposal for the new initiative. “The health benefits of physical activity and nutrition also extend well beyond obesity, such as treatment and prevention of certain cancers and neurological disorders, for optimizing cognitive function, and for healthy aging.”

The vision of the initiative is to reinforce and build on Kinesiology’s existing strengths in the area of physical activity and nutrition. Horowitz further explained, “Establishing an even stronger research and academic concentration in this area will help brand the identity of Kinesiology at the University of Michigan.”

Three U-M Kinesiology faculty members are principal investigators on five NIH-funded projects with this focus—bringing nearly \$2 million in research dollars annually to the school. Additionally, Katch is author of *Exercise Physiology: Nutrition, Energy, and Human Performance*, which is arguably the most widely-used exercise physiology and nutrition textbook in the world.

Dean Zernicke has endorsed the proposal and committed to hiring a new faculty member in this area. The school will be specifically seeking someone whose scholarship focus is clinical obesity, including the development and evaluation of effective physical activity and diet lifestyle programs for children and/or adults, and assessment of how changes in these behaviors impact health. The faculty search will begin in early 2011.

“Physical activity and nutrition intersect nearly all areas of human health, and one often must consider the health impact of physical activity and nutrition together. In many cases you can’t separate the two, and there is no reason to separate them,” Horowitz pointed out.

He also said, “Take the common example of weight loss. You can’t judge people’s success based on their calorie intake alone; you have to look at their physical activity patterns as well. However, increased physical activity carries far more health benefits than simply as a way to expend calories. Important metabolic, cardiovascular, and neurological changes occur with increased physical activity that are completely independent of



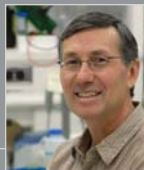
Horowitz



Katch



Borer



Cartee



Bodary

weight-loss. Understanding how the different foods we eat and/or supplements we may take can affect these changes is critically important.”

Kinesiology is the leading partner in this initiative to enhance scholarship in the area of physical activity and nutrition. Along with Horowitz and Katch, other Exercise Physiology faculty members in Kinesiology working on the initiative include: **Dr. Katarina Borer**, **Dr. Greg Cartee**, and **Dr. Peter Bodary**. Key partners in the initiative include the School of Public Health and the Medical School. Horowitz says his colleague, **Dr. Karen Peterson**, professor of environmental health sciences and director of the Human Nutrition Program at U-M’s School of Public Health, is enthusiastic about partnering with Kinesiology on this initiative.

Dr. Charles Burant, professor of internal medicine and director of the Michigan Nutrition and Obesity Research Center at the Medical School, is also on board.

Ultimately, the goal is for this initiative to become a University-wide program that will engage researchers from units as diverse as anthropology, public policy, nursing, molecular and integrative physiology, and education, among others.

Three missions

“It’s the classic three-armed approach: research, education, and community engagement. There will be a very strong research emphasis. Research is the flagship of this initiative. But there will certainly be an education component through changes in our undergraduate curriculum, and perhaps the development of a Masters-level certification program to provide students an opportunity to develop a clear academic focus on physical activity and nutrition,” Horowitz says.

Another key component for the initiative is to help clarify available research in this area to be more easily understood by the general public. “Billions of dollars are spent each year on diet/exercise programs, books, magazines, food supplements, and exercise equipment. Quite possibly no other health-related topic is more in the public consciousness. Yet none is more riddled with myths and misconceptions,” Horowitz says. “Kinesiology can disseminate timely information on physical activity and nutrition through public forums, lay publications, distance learning and other mechanisms.”

A focus on health

Some people may commonly think about physical activity and nutrition as “sport

health professions, education, and other careers focusing on the prevention and treatment of disease.

Establishing this initiative in physical activity and nutrition is very timely because it coincides with the establishment of the Michigan Nutrition and Obesity Research Center (MNORC), which opened in summer 2010. The MNORC is funded by a \$5.7 million grant from the National Institutes of Health and is one of only 13 federally-funded obesity research centers in the country. Its mission is to provide resources to U-M researchers conducting studies in the area of nutrition and obesity. The goals of Kinesiology’s physical activity and nutrition initiative align very closely with the MNORC and

“Physical activity and nutrition intersect nearly all areas of human health, and one often must consider the health impact of physical activity and nutrition together.” —Dr. Jeff Horowitz

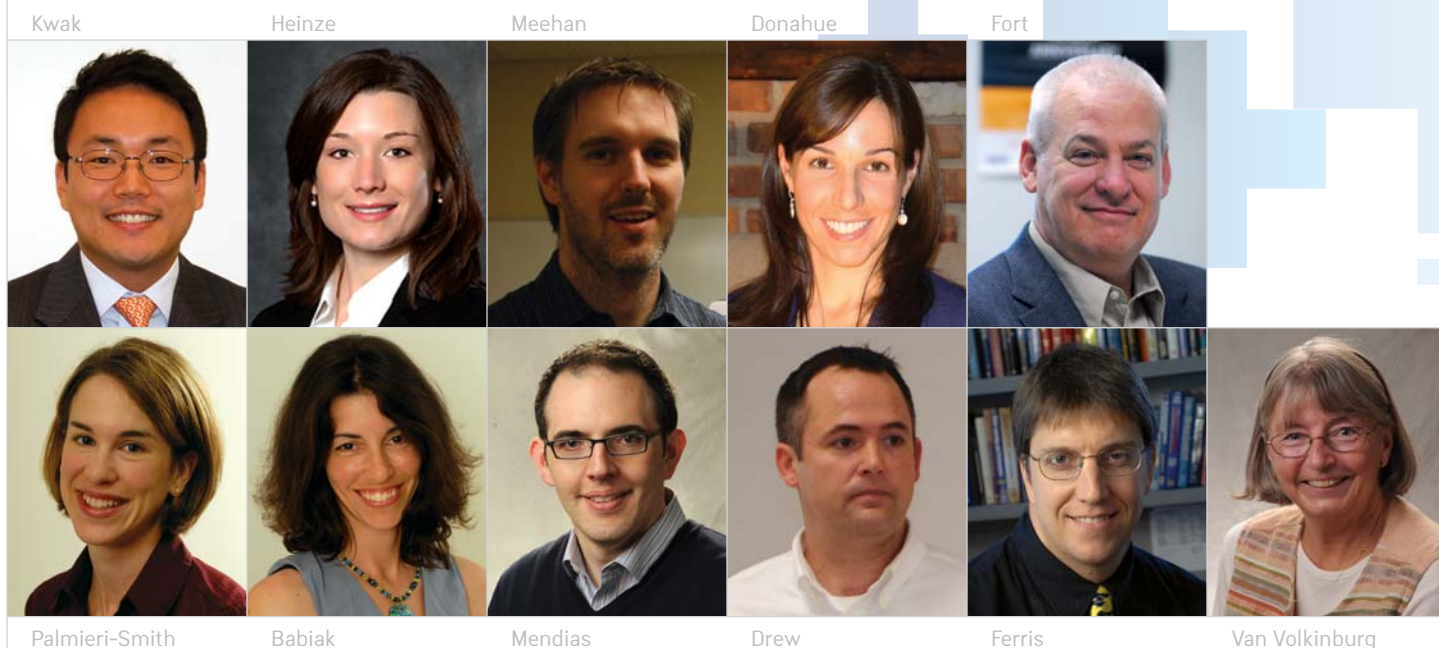
nutrition,” and how to improve athletic performance. Horowitz says this is not the focus. “Our primary research objectives are to expand the understanding about the impact of physical activity and nutrition in the context of health and disease. Our educational goals are to provide students with a thorough, integrated understanding about how and why healthy physical activity and dietary behaviors are so important for the prevention and treatment of many chronic diseases.”

Kinesiology students who concentrate their studies in this area of physical activity and nutrition will be well prepared to take the next step in pursuing careers in public health, medicine and allied

several faculty members will be involved with both. Horowitz is the director of the “Human Phenotyping Core” for the MNORC, which oversees much of the clinical testing of participants in MNORC studies.

While obesity will certainly be a major theme of the physical activity and nutrition initiative, other important health issues will also be addressed. “Physical activity and nutritional interventions are cornerstones for treating and/or preventing many other health complications,” Horowitz concludes. “They impact all areas of health throughout the lifespan.”

FACULTY ON THE MOVE



THE SCHOOL OF KINESIOLOGY is pleased to welcome new faculty members **Dae Hee Kwak** and **Kathryn Heinze** as assistant professors in Sport Management and **Sean Meehan** as an assistant professor in Movement Science.

Kwak completed his doctoral degree from the University of Maryland. He is very excited to be part of the Kinesiology family and looks forward to interacting with all the great students in the School. Kwak said, "It is thrilling to see what is happening in the Sport Management program. The program continues to evolve and leads the way by redefining the role of sport management in our society. The people, vision, and organizational culture dedicated for excellence are unparalleled. I feel truly humbled to join this dynamic group and work with many visionaries in the field. I look forward to contributing to the tradition of excellence by helping students gain various perspectives on sport marketing and become global leaders in the industry."

Heinze is a recent graduate of Northwestern University's Kellogg School of Management, focusing her

studies in organizational theory and values-based entrepreneurship. She completed her undergraduate studies here at U-M in Organizational Studies. Heinze said, "I was drawn to Michigan's notorious interdisciplinary environment, including in the School of Kinesiology and the Sport Management group where there are scholars from a variety of fields working together on important projects. I look forward to collaborating with colleagues in Kinesiology and from across the university on sports organization research and bringing these ideas into the classroom."

Meehan received his doctoral degree from the University of Waterloo. He said, "I chose to join the University of Michigan because of the great opportunity to work at a world-class institution that is renowned for innovative research. I am most looking forward to working with my new colleagues and students in Movement Science to further our knowledge of how the brain controls movement and changes in response to adverse events, such as a stroke."

The School is also pleased to announce the promotions of **Drs. Riann Palmieri-Smith** and **Kathy Babiak** to

associate professors with tenure.

In other faculty news, **Dr. Chris Mendias** was promoted to Research Assistant Professor, **Kelli Donahue** was promoted to Lecturer III and **Dr. Tony Drew** was promoted to Lecturer IV.

Additionally, in early 2010, the School underwent a re-organization of its administrative structure and staff reporting lines. Key changes included the appointments of **Dr. Dan Ferris** as Associate Dean of Research, **Dr. Rodney Fort** as Associate Dean of Graduate Programs and Faculty Affairs, and Clinical Associate Professor **Pat Van Volkinburg** as Assistant Dean of Academic Programs.

The School will also be conducting four faculty searches for the coming year: Sport Management professor, Athletic Training assistant professor, Movement Science assistant professor of biomechanics & rehabilitation robotics (funded through a successful proposal led by Dr. Dan Ferris for the Provost's Interdisciplinary Junior Faculty Initiative), and Movement Science assistant professor for physical activity and nutrition (funded through a successful proposal led by **Dr. Jeff Horowitz** for the Provost's Faculty Expansion Program).



U-M, Women's Sports Foundation establish research policy center

After an extensive and rigorous year-long process to select an institutional research partner, the Women's Sports Foundation officially selected the University of Michigan to establish a joint research and policy center, the Women's Sports, Health, Activity and Research and Policy Center (SHARP).

The new center, in partnership with the U-M's Institute for Research on Women and Gender (IRWG), is the first girls' and women's sports research partnership involving a university and nonprofit. The center will generate interdisciplinary research on issues related to women's sports, health, and gender issues.

Kinesiology Associate Professor, **Dr. Kathy Babiak**, and Director of IRWG, **Dr. Carol Boyd**, will jointly lead the center. Babiak explained, "More than 20

universities nationwide submitted proposals for the center earlier this year. They were reviewed by a task force of experts in women's sports research, sports business and collegiate athletic administration. U-M was selected because of its excellent faculty in Kinesiology and related fields, its history of support for women's health and gender equity, its broad-based programs serving the needs of a diverse student body, and its nationally recognized graduate program and athletics department."

The center's research agenda will be comprised of public interest research and proprietary research. As a result of the collaboration, the new center will generate a variety of information and tools central to the foundation and university's educational role of supporting evidence-based public debate that informs public policy and encourages elimination of the obstacles girls and women face in sports participation. Issues around athletic and exercise injuries in women, how policies have impacted women's sport participation levels over time, and looking at physical education programs for girls in the nation's schools are just some of the potential research areas.

Without a doubt, the partnership with the foundation represents an exciting opportunity for the Institute for Research on Women and Gender, the School of Kinesiology and the University of Michigan," said U-M **President Mary Sue Coleman**.

According to the Women's Sports Foundation, the center's research will have a profound impact on the lives of girls and women, and will enhance existing and establish new relationships with policymakers, academia and women's sports organizations. In addition, SHARP will also advocate for the benefits of athletics for positively influencing the lives of girls and women.

Dean Zernicke said, "Our faculty is well-versed in management, consumer behavior, sport policy, sport injuries, biomechanics, exercise physiology, and nutrition. This integrated approach will generate solutions to critical problems and identify opportunities for women and girls' sports participation and health."

School's graduate programs continue to move up NAK ranks

The National Academy of Kinesiology (NAK) released its ranking of kinesiology doctoral programs across the country. The NAK promotes the study and educational applications of the art and science of human movement and physical activity and recognizes exemplary, scholarly, and professional productivity of programs across the country.

The results are very good news for the School of Kinesiology. There was significant improvement since the last ranking exercise (2000–2004 data). The current rankings are based on data gathered for 2005–2009 and analyzing programs across the country. The rankings of doctoral programs were:

1. Penn State
2. University of Illinois—Urbana Champaign
3. University of Texas
4. University of Connecticut
5. **University of Michigan**
6. University of Maryland
7. University of Georgia
8. Oregon State University
9. Texas A&M University
10. University of Massachusetts

U-M Kinesiology's 5th place ranking used the NAK's data analysis and included faculty indices of productivity, funding and visibility and student indices of quality, employment and admissions not adjusted for faculty size and enrollment. A previous ranking exercise in 2000–2004 that adjusted for the number of faculty, postdocs, employees in the field and students ranked U-M 18th. A total of thirty-seven universities were evaluated.

Sport Management Professor and Associate Dean for Graduate Programs and Faculty Affairs, Dr. Rodney Fort, said, "When you look at any of the methods that were employed in the report, we have improved. Dean Zernicke added, "This is a clear message we are strong national program. With university programs throughout the country being ever more closely scrutinized for quality and relevance, the ranking data showcases our improvements."

PHOTO ABOVE Dr. Carol Boyd (bottom left) Dr. Kathy Babiak (bottom second from left) join (bottom row from Babiak, left to right) Stephanie Tolleson and Ann Mara and (top row, left to right, Dr. Don Sabo, Mary Gendron, Billie Jean King, Dr. Marjorie Snyder, Mary Wilson and Yvonne Middleton at the Women's Sports Foundation grand gala celebration in New York to celebrate the announcement of the SHARP center.

Mary Gendron
President at Middleton & Gendron

Billie Jean King
WSF Founder

Marjorie Snyder
WSF Research Director

Mary Wilson
Husband founded and owns the Buffalo Bills

Yvonne Middleton
Chairman at Middleton & Gendron and WSF Trustee

Stephanie Tolleson
Chair, WSF Board of Trustees

Ann Mara
Husband is the former owner of NY Giants

RESEARCH ON THE MOVE

Researchers beginning to unlock learning strategies for Parkinson's patients

By Christina Camilli-Whisenhunt



APPROXIMATELY 1.5 MILLION PEOPLE IN THE U.S. ARE AFFLICTED WITH PARKINSON'S DISEASE. Scientists have spent countless years researching and trying to crack the code of one of the most debilitating diseases. **Dr. Rachael Seidler** is one-step closer to understanding how treatments can affect new sequence learning in early-stage Parkinson's patients.

The question of new sequence learning in Parkinson's patients on and off medication intrigued Seidler. She knew other studies reported Parkinson's patients performed better off medications than on medications, but she was specifically interested in the effects of medication on the early learning process. The disease often affects the dorsal or upper region of the brain first, and then gradually affects the lower region of the brain where sequence learning occurs.

Seidler and her colleagues, Research Investigator **Martijn Müller** from the Department of Radiology, Associate Professor, **Dr. Nicolaas Bohnen** from the Departments of Radiology and Neurology, and Clinical Assistant Professor, **Dr. Praveen Dayalu** from the Department of Neurology, hypothesized patients would learn new sequences better and faster early in the learning

process—off medication—especially early stage Parkinson's patients because the lower part of their brains are usually not affected by the disease.

After analyzing the data, Seidler and her colleagues concluded Parkinson's patients off medication looked exactly like healthy controls when completing the same tasks as opposed to patients on medication who showed clear signs of impairment. She explained, "Normally you would think giving people a drug to replace dopamine would improve motor skills—and they do to an extent—but there are other behaviors where the brain relies on dopamine as a neurotransmitter that are not affected in the early stages of the disease. When you give patients dopamine replacement medications they are not spatially selective—meaning they go everywhere in the brain. If you have too much dopamine going into healthy parts of the brain it can cause behavioral impairments as we witnessed in our study."

PHOTO ABOVE: Dr. Rachael Seidler reviews images of the brain gathered from research participants for the Parkinson's study.

Employee wellness plans should include entire company, not just sick workers

By Laura Bailey

Dr. Dee Edington continues to expand knowledge in workplace wellness.



A study of employees at a west Michigan hospital showed some of the most unhealthy workers that researchers had ever seen.

Dr. Dee Edington and his team at the Health Management Research Center were studying a hospital system to evaluate the health risk changes in employees in the four years after the implementation of a workplace wellness program. Most wellness programs start with a health assessment and only the employees who meet pre-determined benchmarks of poor health qualify for additional assistance.

Employees were offered \$200, spread over 24 paychecks, to take a health risk appraisal, be

screened, attend three counseling sessions and complete three health learning modules. Edington and his team collected data from three different employee groups based on the number of times each participated. Over four years, participation increased and the number of high risk employees decreased in all groups. Edington said, "One of the reasons the program was so successful was because it was comprehensive. The program helped keep healthy workers from getting sick because it included them in the wellness plan and it's a lot cheaper to keep employees low risk than to move them from high risk to low risk."

A cost analysis is pending to see if the savings are great enough to justify the incentives and the cost of the wellness programs.

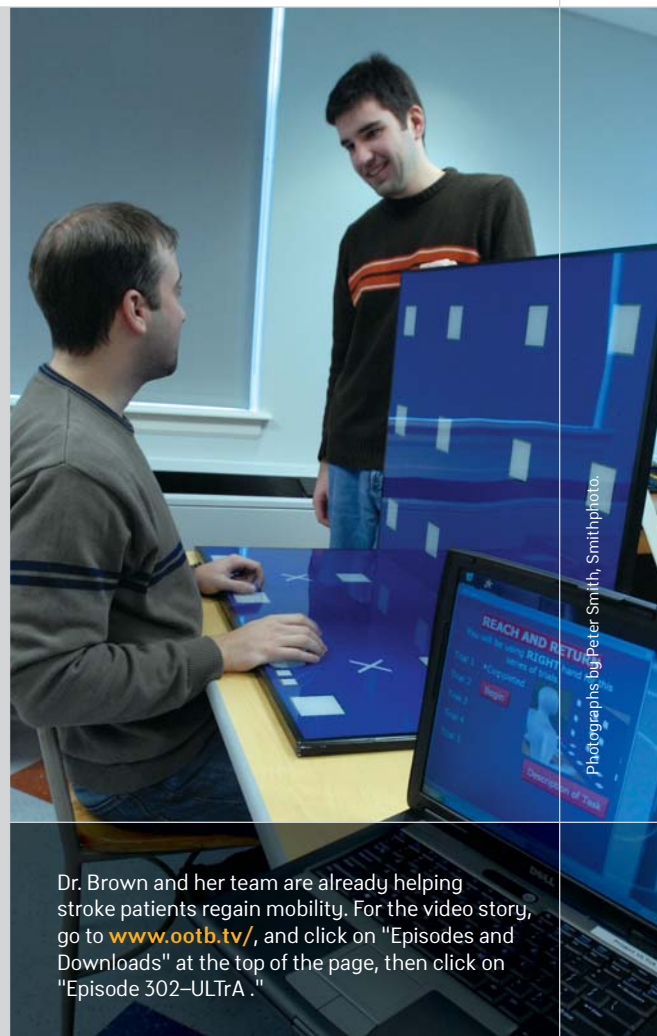
21st century treatment proves successful for adults living with cerebral palsy

THE SIMPLEST TASKS IN LIFE, like putting on clothing or tying gym shoes, can be extremely difficult for an adult living with cerebral palsy (CP). Researchers at the University of Michigan are finding ways to provide easier access to care using home-based programs that use the Internet to monitor changes in performance.

Kinesiology **Dr. Susan Brown** and colleague **Dr. Edward Hurvitz**, chair, U-M Department of Physical Medicine and Rehabilitation, completed a study that looked at the effectiveness of a home and internet-based upper limb training program for adults with CP. Their research effort, "Upper Limb Training and Assessment Program," or ULTrA program, was designed to aid adults with cerebral palsy who have upper limb and hand impairments and complete regular therapy exercises from the comfort of their home using the Internet and trainers on the other end of the computer.

"One of our major goals of the study was to incorporate a variety of arm reaching and hand movements exercises that we hoped would improve mobility and do it at a time that was convenient for them," Brown said. In one of the most notable training sessions, a participant was asked to slide, or turn, as many playing cards (from a casino-style card slider/holder) as possible in 30 seconds. The data showed a 64 percent improvement in task performance by the affected hand, and a 41 percent improvement in the less affected hand.

Apart from rehabilitation, the researchers said, there is real potential to use this technology beyond adults with CP. A variety of populations with neurological problems could benefit from this type of therapy including stroke, multiple sclerosis, and spinal cord injury.



Dr. Brown and her team are already helping stroke patients regain mobility. For the video story, go to www.ootb.tv/, and click on "Episodes and Downloads" at the top of the page, then click on "Episode 302-ULTrA."

Breakthrough: Scientists harness the power of electricity in the brain

By Laura Bailey

Someday, a paralyzed patient may be able to 'think' a foot into flexing or a leg into moving, using technology that harnesses the power of electricity in the brain, and scientists at University of Michigan School of Kinesiology are now one big step closer.

Dr. Daniel Ferris and doctoral student **Joseph Gwin** at the School and colleagues from the Swartz Center for Computational Neuroscience at the University of California San Diego have developed technology that for the first time allows doctors and scientists to noninvasively isolate and measure electrical brain activity in moving people. "This technology is a key component of the kind of brain-computer interfaces that would allow a robotic exoskeleton controlled by a patient's thoughts to move that patient's limb," said Ferris, associate professor in the School of Kinesiology and author of a trio of papers detailing the research.

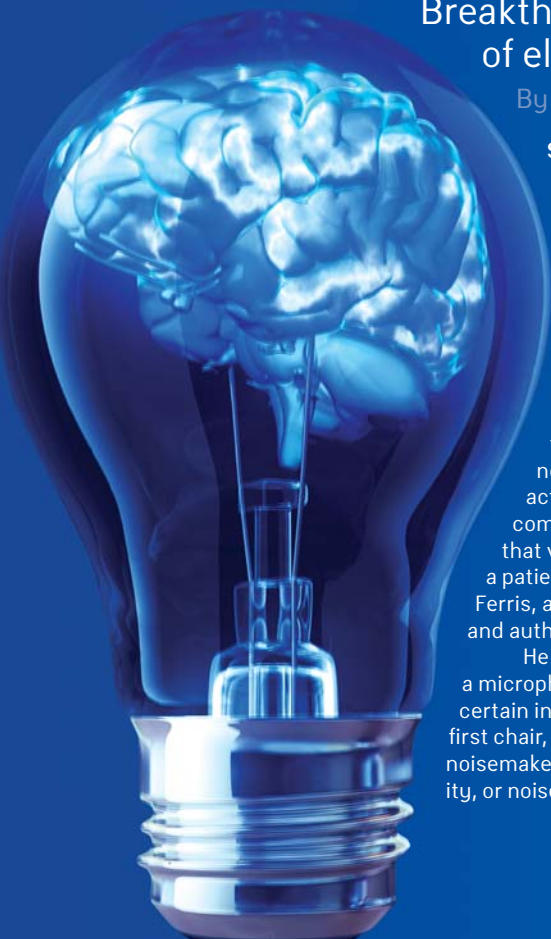
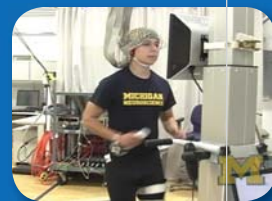
He likens isolating brain electrical activity to putting a microphone in the middle of a symphony to discern only certain instruments in certain areas, say the oboe in the first chair, or the violin. As in an orchestra, there are many noisemakers in the brain producing excess electrical activity, or noise. Even the electrode itself produces noise when

it moves relative to its source.

Researchers identified the brain activity they wanted to measure by attaching dozens of sensors to a subject who was either walking or running on a treadmill. They then used an MRI-based model of the head to figure out where in the brain that electrical activity originated. In this way, scientists could localize the sources of the brain activity they were interested in and ignore the rest of the activity if it did not originate in the brain.

"Any industry or organization interested in understanding how the brain and body interact could benefit from knowing how the brain functions during a given task," Gwin said.

PHOTO ABOVE: A research participant runs on a treadmill while Dr. Dan Ferris measures the electrical activity in the brain.



Making exercise an integral part of the life equation

Dr. Michelle Segar

MS '97

By Pat Materka



"Why we exercise matters a lot, and weight loss is not a strong motivator over the long run. Instead, we should be promoting exercise as an essential resource for living our best life."

WHEN DR. MICHELLE SEGAR, surveyed 250 mid-life women about why they exercised, the majority gave a predictable response: to be healthy and lose weight.

Ironically, that group was the most likely to exercise less as the year went on.

She is not surprised. "Health and weight loss are 'should'-based instead of 'want'-based reasons to be active," Segar reasons. "It implies that exercise is a chore or some kind of pill to be swallowed rather than something important that improves our lives. We're told, find an activity that you love to do, that brings intrinsic satisfaction. But enjoying a sport or activity does not guarantee that you'll do it. Instead, we have to recognize that physical activity is essential to carrying out our daily roles and responsibilities. It enhances our quality of life."

Segar, who brands herself "the exercise motivation and behavior architect," has focused her career on helping people—especially women—become and stay physically active. Her passion draws from personal experience: she began jogging around age 12, and discovered it made her feel empowered

and competent. At U-M's Residential College, she created her own major: the socialization of women.

After earning an M.S. in Kinesiology and an M.P.H. in Health Behavior and Health Education from U-M, Segar developed a business aimed at helping people sustain active lifestyles. She delivered her program to staff at several area hospitals and other venues, and then won a National Institutes of Health grant to study the effects of her intervention.

"I realized I needed to know more about research, so I got a Ph.D. in psychology, targeting motivational processes," Segar explained—not mentioning that she earned "Outstanding Dissertation" honors from the Society of Behavioral Medicine and the Research Excellence Award from the National Association for Women's Health.

Her current appointment is research investigator at the U-M Institute for Research on Women and Gender, but her life also broadly encompasses teaching, writing, consulting, and coaching private clients. (www.michellesegar.com). Not to mention raising her two-year-old son Eli along with her husband, Kinesiology Associate Professor, [Dr. Jeff Horowitz](#).

Segar is very sensitive to the challenges others face in trying to fit exercise into a full and complex life. She says, "The two main reasons people give for not exercising are: 'too busy' and 'not motivated.' So I help people figure out how exercise can fit into their current context—whether they have small children, for example, or are battling a chronic illness."

One of her most surprising research findings is that people who were very athletic in their youth are often among the least active as adults. She explains, "These people no longer have the structured support system of coaches, teammates and tournaments. They figure they cannot possibly perform, in mid-life, as they did 20 years ago, so they don't even try."

She encourages small changes—take a 10 minute walk if you can't do 30. Aim for consistency before quantity. And be flexible and forgiving with yourself.

Segar says, "Bottom line: why we exercise matters a lot, and weight loss is not a strong motivator over the long run. Instead, we should be promoting exercise as an essential resource for living our best life."

Kinesiology Alumni Board honors 2010 achievement winners

AT THE 2010 HOMECOMING WEEKEND, the Kinesiology Alumni Society Board of Governors presented their annual achievement awards. And the awards went to:

Early Career Achievement Award

Given to a recent Kinesiology alumnus who is excelling in a field related to Kinesiology.

- Jonathan Paley, AB '95
- Shawn Regan, BS '95

Career Achievement Award

Given to a Kinesiology alumnus who has shown outstanding professional and personal achievement throughout his/her career in his/her chosen field and/or public service in any field.

- Dr. Robert John Moffatt, MPH '80, PhD '85

Lifetime Achievement Award

Given to an individual whose service to Michigan Kinesiology has enhanced and changed Kinesiology over time.

- Herb Deromedi, BS '60, CERT Teach '60, AM ED '61
- Dr. William McArdle, PhD '65



The 2010 achievement award winners (pictured left to right): Shawn Regan, Herb Deromedi, Jonathan Paley, Dr. William McArdle, and Dr. Robert Moffatt

All alumni are welcome to nominate deserving individuals for these awards which are annually bestowed by the Alumni Board. To nominate someone or inquire about the Kinesiology Alumni Board, contact the Development office at (734) 647-2689 or kin-dev@umich.edu.

Respected sports leaders come to campus

The Sport Management Speaker Series, spearheaded by **Dr. Mark Rosentraub**, hosted some of the most well-respected figures in sports and sports communication. The topics ranged from economic development to running a sports organization from the top down. Students heard from top leaders in the sports-world, including:

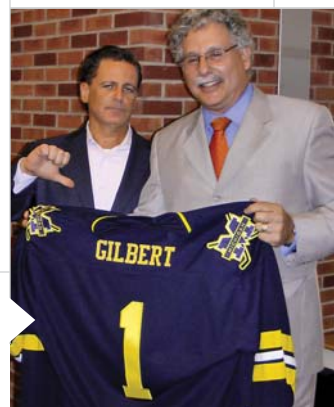
- John Moores, former owner of the San Diego Padres
- Paul Dolan, chairman/chief executive officer, Cleveland Indians
- Dan Gilbert, chairman of Rock Financial, and majority owner, Cleveland Cavaliers
- Richard Sandomir, sports reporter, *New York Times*
- Jeff Wilpon, chief operating officer, New York Mets, and executive vice-president, Sterling Equities
- James Irsay, owner, Indianapolis Colts
- Atanas Ilitch, president, Olympia Development, LLC



Paul Dolan is all smiles when he talks about what it takes to run the front office of the Cleveland Indians



John Moores, former owner of the San Diego Padres speaks to students about the massive Petco Park project and expansion.



It was a light-hearted thumbs down when Dr. Rosentraub (right) presented Cleveland Cavaliers and Michigan State University graduate Dan Gilbert (left) with his very own U-M jersey. Dr. Rosentraub acknowledged that the rivalry is still intact!



Veteran sports writer and *New York Times* reporter Richard Sandomir discusses the changing tide of sport communications and media coverage.

Teeing off for a good cause

Annual golf outing supports physical disabilities research



The bliss of sun and greens at the historic U-M Golf Course in mid-August set the stage for the 8th Annual Movement for Life Golf Invitational. Once again, alumni, friends, family and businesses came to help raise research funds in support of the Nicholas Leoni Endowed Research Fund. Kinesiology alumnus **Mike Leoni**, AB '88, began hosting golf outings more than 19 years ago for special needs children in the community.

In 2003, Leoni rallied former football teammates and varsity letter winners, **Don Eaton**, BS '74, **Bill Dufek**, BS '79, and **Tim Wadhams**, AB '70 for assistance. The event has received significant support in recent years from community leaders **Len Dillon**, **Arkan Jonna** and **Jordan Jonna**, AB '10.

Throughout the last eight years, funds raised from the event have supported the Motor Control Lab, Neuromotor Behavioral Laboratory, Human Neuromechanics Laboratory and the Center for Motor Behavior and Pediatric Disabilities—all looking for new interventions in adapted motor behavior and motor development research.

Today, half the proceeds from the event are directed to the Nicholas Leoni endowed fund and balances are provided in the form of annual competitive grants to movement science faculty. The 2010 invitational netted more than \$44,000.

Dean Zernicke said, "On behalf of the entire school, I want to personally thank Mike, his family, friends and colleagues for all of their efforts and passion in supporting research at the School. The support we receive from the Invitational and supporters make it possible for faculty to conduct research that we hope one day, will help improve the lives of young children and adults living with physical disabilities."



The 9th annual Invitational is slated for **Monday, August 15, 2011** at the U-M Golf Course. For questions about the upcoming event, please call the Development office at (734) 647-2689.

- 1 Dr. Jeanne Langan, post-doctoral fellow in the Motor Control Laboratory, provides an update on the ULTrA project that received seed funding seven years ago through the Invitational.
- 2 Dr. Vic Katch visits with Dan Pehrson, CEO, PrivateBank, Michigan
- 3 Mike Leoni (left) has a chance to pose with his father Bill Leoni, Sr., and sons Nick and John.
- 4 Jerry Hanlon (right) visits with former MSU and NFL tight end, Mike Cobb.
- 5 Gary Moeller, U-M football coach 1990–94, shares his thoughts about the Wolverines 2010 season.
- 6 Dr. Bob Patek, MD '83 of Long Grove, Ill., relaxes at breakfast before teeing off.
- 7 Len Dillon, Movement for Life Committee member, with his daughter Grace.
- 8 Matt and Gary Percy help teammate Tom Nowatzke line up his put as Ty Lewis, the team's fourth, readies to putt.
- 9 Scott Jonna and Dan Pehrson visit Len Dillon following golf.
- 10 Jerry Hanlon plays grandpa with Tom Kanka's son.



Happy 100th birthday Red Simmons

Former U-M Women's Track and Field Coach and Assistant Professor Emeritus, Ken "Red" Simmons, MS '62, celebrated his 100th birthday with U-M's School of Kinesiology, former students, friends and family at a special luncheon. Simmons has a long and impressive history with U-M and Ann Arbor and is considered the founding father of women's track at the University of Michigan. He launched the first Ann Arbor's women's track and field club, the Michigammas. Simmons was a member of the 1932 U.S. Olympic team and ran against team member Jesse Owens.



PHILANTHROPY ON THE MOVE

New scholarship honors champion of Kinesiology students

Alumni, family, and friends gathered for the Kinesiology awards banquet during homecoming weekend to announce the Shelly Kovacs Endowed Scholarship. Kovacs, the director of student services, has been with the University for 34 years. The endowed scholarship will provide financial aid scholarships for incoming freshmen. The celebrations continued in New York when Kovacs joined alumni, family and friends at the Kinesiology hosted "New York Gamewatch" as Michigan took on Illinois in Big Ten football. In this photo, from left: Deby Gannes, Margo Gannes, Melissa Burnazian, Marilyn Pick, Karl Pick, Jared Pick, Shelly Kovacs, and Harvey Berman



Wine tasting to benefit Maloy Scholarship

The Kinesiology Alumni Society Board and Pat Maloy Scholarship Committee hosted "The Kinesiology Wine Tasting Event" to benefit the Maloy Cancer Endowed Scholarship. The scholarship, aptly named in honor of former Professor Bernard Patrick "Pat" Maloy, assists incoming need-based Kinesiology students touched by cancer—either themselves or an immediate family member. In this photo, from left, Jordan and Marjorie Field, and Dr. and Mr. Kalo.

Celebrating longevity with Rod Grambeau

Professor Emeritus Rodney (Rod) J. Grambeau, MA '48; EdD '59, celebrated his 90th birthday with friends and family at a special event hosted by Kinesiology, Michigan Athletics and Rec Sports. Grambeau, the former director of Intra-mural and Recreational Sports, joined the Department of Physical Education in 1946. In 1988, the handball, paddleball, and racquetball courts in the Central Campus Recreation Building were named the Rod Grambeau Courts. He served as the chairman and editor of the National Touch and Flag Football Rules from 1955 to 1986. He has published extensively on paddleball, handball, touch football, injury prevention, and intramural programming, and served as a consultant to the U.S. Olympic Committee.





Center for Global Opportunities Updates

By Sandra K. Wiley



Global!

New GoGlobal! Student Club

Students are always eager to share their global experiences with the Kinesiology community, and this last year was no exception. In September, several students channeled their enthusiasm into establishing a GoGlobal! Student Club—spearheaded by sport management seniors **Lauren Emerson** and **Ali Spiesman**. The club plans one meeting and one social event each month and alumni are encouraged to share how study abroad impacted their personal and professional lives. Email your story to goglobalstudentclub@umich.edu.

Exchange partner updates

An increasing number of students are studying abroad at many U-M Kinesiology exchange partners—and with the help and support of donors and alumni passionate about international study. **Miranda Moncada** was recently awarded the Carl A. and Joan C. Kraeger Endowed Scholarship Fund for a semester-long exchange at the University of Queensland in Brisbane, Australia. This study abroad experience was Miranda's first venture outside the U.S. She is already sharing the knowledge she gained with this year's exchange students, helping build the partnership with the University of Queensland Human Movement Studies program.

Kinesiology recently hosted students from exchange partners Loughborough University and the University of Limerick. The Loughborough students were delighted to arrive in the midst of a January snowstorm, even though it made moving into the Hill dorms a bit more challenging. The Limerick students brought perspectives from Ireland into physical education courses, including visits to local schools. This mutually enriching experience allowed students to broaden their knowledge of physical education and how U.S. teaching approaches compare to the approach in Ireland.

Global Michigan

U-M continues to expand its commitment to internationalization. The Global Michigan portal <http://globalportal.umich.edu> provides centralized access to all things international. An award-winning photograph taken in Buenos Aires by Kinesiology alumna **Nicole Sapiro** was featured on the site. Sport management students who studied abroad in South Africa during the World Cup were also featured. Stop by often and read about exciting international endeavors undertaken by U-M faculty and students.



- 1 Kyle Taylor (MVS '11) conducted research in China during summer 2009.
- 2 TJ Winfrey (SM/BBA '10) studied the creative process in Pontlevoy, France.
- 3 Sara Summersett (MVS '12) and Kayla Gieschen (MVS '11) piloted the Kinesiology exchange program at the University of Limerick.
- 4 Charles Mouch (MVS '11) conducted research with a leading Orthopaedic surgeon in Bern, Switzerland.
- 5 Tamara Selleck (MVS '11) explored New Zealand while completing coursework toward her Movement Science major at the University of Otago.
- 6 Lindsay Herzog (MVS '11) visited the Vatican City while studying French in Aix-en-Provence, France.
- 7 Joshua Futerman (SM '10) completed coursework toward his Sport Management major at Kings College in London.
- 8 Dean Zernicke met with Dr. Doune MacDonald, Movement Science head of school, University of Queensland to discuss exchange programs.



A new course is examining the physiological factors that go into making a superhero like Batman and is giving students the chance to consider the possibility that a human could achieve Batman's abilities with the proper training.

Dr. Dan Ferris said he first developed an interest for the field of movement science as a football player at the University of Central Florida. Ferris said he strives to make his classes more hands on by using an unconventional teaching style that incorporates real world situations, like designing a prosthetic leg.

The new freshman course, which is all about the movement science of Batman, was inspired by Ferris' good friend, Dr. Paul Zehr of the University of Victoria. Though the intended audience of the book is more general, Ferris said he thinks the book could be a great tool to get freshmen students interested in Kinesiology.

If the Batman course is a hit, Ferris said he will open more sections, adding that he may even introduce a new superhero into the mix after Zehr completes his second book about Iron Man. Ferris said he is even better qualified to talk about a superhero in an iron suit, because his main area of research is developing robotic exoskeletons for people who need to re-learn how to walk.

Dr. Dan Ferris suits up and channels the "The Caped Crusader" for his students.

Undergrads
shine
at national
phys-ed
conference



Three undergraduates, under the guidance of Physical Education Professor **Dr. Weigun Chen** and Clinical Associate Professor **Pat Van Volkinburg**, presented at the Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) national convention in Indianapolis, Indiana last spring.

AAHPERD is an alliance of five national associations, six district associations, and a research consortium that is designed to provide members with a comprehensive and coordinated array of resources on both the national and local levels, support, and programs to help practitioners improve their skills and so further the health and well-being of the American public.

Physical Education undergraduates **Shannon Boehner**, **Kristin Hendricks** and **Kelsi Archibald** showcased their knowledge with presentations involving teacher's skill ability and teaching practices in volleyball and basketball, as well as game performance competencies.

PHOTO ABOVE: (from left to right) Former Physical Education students Kristen Hendricks and Kelsi Archibald, along with Associate Professor Pat Van Volkinburg and Dr. Weigun Chen took a moment to smile for the camera after their presentations.



PE student named
**major of
the year**

The Michigan Association of Health, Physical Education, Recreation and Dance (MAHPERD) named physical education undergraduate **Megan Valley** the 2010 "Major of the Year."

Each year universities can identify outstanding students for recognition by the College and University Physical Education Council (CUPEC) of National Association of Sports and Physical Education (NASPE) at the National Convention of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) and by the Michigan Association for Health, Physical Education, Recreation and Dance (MAHPERD) at their state convention.

Valley is currently **Dr. Weigun Chen's** lab coordinator and assists with research and observations with Dr. Chen of PEP grant school teachers. Valley is also president of the Physical Education Association. She said, "It's a real honor to receive this award, and I am looking forward to being recognized before fellow students and educators at the national convention in San Diego in March."

PHOTO ABOVE: Associate Professor Pat Van Volkinburg (left) presents Physical Education Senior Megan Valley with her "Major of the Year" award.

going once
going twice

SOLD!



MGoAuction.com
Bid on memorabilia and
much more to benefit the
Pat Maloy Scholarship

Other select auction items will benefit
additional Kinesiology-based scholarships

Live Kickoff Event
Friday, October 27